

PANACEA
ALACATHOLICA

OR,
A-COMPOUND-PALLET:

Which is

A general PURGE and generous
MEDICINE for most Affections
incident to the Bodies
of MANKIND.

Being familiar, safe, and convenient,
at all seasons, for all Ages, Sexes,
and Constitutions.

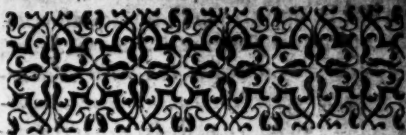
*Principijs obsta, sero medicina paratur
Cum mala per longas inualuere moras.*

P. T. GUILFOLKINGHAM G.
Mathematicus et Medicus studiosus.

LONDON.

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To the READER.



*Good sure was th'assertion
which auers, that Opti-
mum bene valere, secun-
dum formosum esse, ter-
tium diuitias habere nul-
la fraude quasitas. For
though the Extent of this Tenet for matter of
Health, must admit of Confinage, (quoad
Summum Bonum) not to out-reach the Ring
or Limbe of this lowest Orbe, Res mundanas,
Health doubtles is a greater blessing than beau-
tie or such wealth, but yet not in euery mans e-
steem. For whomeuer drunk of the bitter cup
of Sicknesse, seldome truly relish the sweet
Tast of Sanitude, but hee, that after long or
sharpe tortures by grievous diseases, happily
recofers some reasonable measure of Health
or relaxation from morbosities, well knowes*

To the Reader.

and will acknowledge that Bona valetudo
maximè Divinum suavitissimumq; est con-
dimentum that Sanitude is a divine Sauce,
and the best Seasoning to relish the Nectar-
Sweets of a happie Naturall life. For non vi-
uere, sed valere, vita est; Health is the per-
fection and Life of Life, and Life without it
is no Life, but euen a living Death, where
both Animall powers, and Corporall parts suf-
fering produce but lame and depraued actions.
Being therefore by long & infallible experience
confirmed in approbation of my Panacea or Pa-
nacxa bred and brought forth by infusion of
a well dispensed Fund or Bag of Ingredients
in ordinarie Ale (th' antient drinke of this
Isle) than which cannot be well excogi-
tated a more generall worthie Medicine, that
so cheape and choyce, without all curiositie,
doth tuò et jucundè et sat cito quia sat
herè, both conserue the salutarie State of the
Body, and prevent and cure most morbosus af-
fects and diseases thereunto incident, I could
not dispense with an absolute concealment of
its most pretious worth, but in some sort (quoad
medicationis dispositionem, non medi-
camenti dispensationem) participate to the
world the manifold benefits deriueable from
its

To the Reader.

its operation. But should I be so fond to divulge the Ingredience and Diffence the Fund, I should too too much derogate from the due esteeme and deserved dignitie of the Secret, & miscendo sacra profanis, by Iamish publish, much prophane the sacred mysteries of Apollo. And worthily might the world beg me for rash divulging the dexteritie and dispense of so excellent an Engine of sacred Medication, which, besides much hammering upon the Anvill of Invention, hath, by exact observations and disquisitions of many experimental Essaies, bene diuers yeeres in forming, syling and refining from vnfit Ingredients and vndue proportions to perfection of due composition in qualitie & quantitie. Should Charitie then plead in my acquittall and approbation of the Publish, with Bonū, qnō cōmuniūs, cō melius, yet would neither the Methodist nor the Empiricke let me passe without a blow or a brand. For with what commendable posture or deliuer passage could I fairely auoid the vile and odious Venue of begetting broodes of Mountebanches, and so breed the Baine in stead of the Balsm, to publique Health and private Hope, if Pendarizing to my owne Progenie, I should basely prostitute so pure, so qualified, so vertuous a

To the Reader.

Virgin, and so intimate and generous a Hand-
Maid of Divine Physicke, to the lustfull gaze
and artlesse base abuse of every Horseleach,
Quack saluer, and Sophistique? Pardon there-
fore my yet reserve of further Publication,
than for the poore onely: I am not so ambitious
to make this Magistrall a Cast-Net for
Schools or promiscuous Shoals of Pupils with-
out distinction. I pittie such popular ambition
especially theirs, which, wanting wings of self-
worth to soare above their proper Sphears, bor-
row Imps of detraction and cast about by ca-
sting false aspersions upon ocher most approued
Formes of Medicine, to reflect all Eyes upon
the fluttering Flight of their impotent staggering
Wings. Let who will imbraue their Ayrie Bulls
with garlands of Mercurials, Robertianaes
and other rancke Simples, it breeds in mee nor
Enuie nor other Splenique passion (same laugh-
ter) to see sond Parrats pride their prate and
bable of simple Blaterages in Languages they
neuer learnt, nor euer labourd for; it is enough
for me (though Birds of better wing or Note
nor brooke nor balke (yet sometimes winck-
at) such their brased ambition) my selfe, as I
may, to stall my owne Scruffe Sans borrowed
Drapetic, and therewith to endeavour the
pleasuring

To the Reader.

pleasuring of endeared Friends and all such
as please friendly to accept of these my
meane, but wel-meant labours, which com-
mending to thy courtesie and theirs I rest

All yours

WILLIAM FOLKINGHAM.

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Turne of rile for cough



CAP. I.

*That Ale is a wholesome drinke,
contrary to many mens conceits.*



Am not ignorant of
the Record of th'an-
tient Poet, who in
displeasure to a pot
of puddle Ale, to cast
a foule aspersiō vp-
on this our more
antient drinke, fals into this furious rap-
ture;

*Nescio quod Stygie Monstrū conforme Paludi,
Cernisiam plerique vocant, nil spissius illa
Dum bibitur, nil clarius dum mingitur, unde
Constat quod multas feces in ventre relinquit.*

I know not I, what monster to the eye,
's Ale, muddie-Mix, like stoope of fennie
Stryx,

More thicke no Potion, more cleere
no Lotium;

Much dregs remaine it'h Bodie then
is plaine.

Nor is it altogether improbable, but
there might in those ruder times be that
ill-conditioned Ale which might well de-
serue such splenique distos. Haue wee
not yet too many Mother-fullsums scarce
worthie to beare Bourn, much lesse th'ad-
mittance of brewing Beere or Ale, which
wanting both Art and Industrie, marr
no more Mault then they meddle with,
and mash Ale, more like a Mash or a
medicine for a sicke horse, then a potable
liquor fit for any mans Pallate, Stomacke
or Health? And sure it was the Nor-
mans il hap to haue his Cap fitted with such
a feculent Cup of crude muddie Ale, a-
ble to moue (not an Ale-knight onely)
but the patience of a temperate man re-
gardfull of healk, and cause him vent as
passionate a passage of speech in earnest
or in ieast. Howsoeuer such dreggie stufte
must needes abound with grosse, phleg-
maticque and flatulent humors, be heavy
and hurtfull to the Stomacke, stufte and
obstruct

obstruct it, and the Melarickē veins, the Liver, the Lungs, the Spleene, Reines, Vreters and other corporeall vessels and passages, and by consequence, offend the Braine and Sinewes with sumie vapors, puff-up the Bodie with slimie ſœculencie, shorten the breath, and cause the Stone and Strangurie, with much detriment both to the internall and externall Senses.

But let a neat hufwife, or canny Alewright haue the handling of good Ingredients (sweet Mault and wholesome water) and you shall see and will say, there is Art in Brewing (as in most actions) and that many more, even of those that ayme at Brewing the best Ale, doe yet for all their supposed dexteritie, misse the marke, than hit upon the mysteric. For you shall then haue a neat Cup of nappie Ale (right *Darbie*, not *Dagger Ale*, though effectually animating) well boyled, defecated and cleared, that it shall equall the best Brewed Beere in transparence, please the most curious Pallate with milde quicknesse of relish, quench the thirst, hūmect the inward parts, helpe concoction and distribu-

tion of meate, and by its moderate penetration, much further the attractive power of the parts (especially being rectified with that Additament and *Vehiculum* which the best *Aliftra* boyles with it; to wit, such a proportion of Hop as gives not any the least tact of bitteresse to the Pallate after it growes drinkable) and being free from all those former soule imputations, doth by its succulencie much nourish and corroborate the Corporall, and comfort the Animall powers. It will be better then Beere for extenuated and spare bodies, and not hurtfull to the Cholericke, for that it excretes the Bilous humor by vrine and by stoele; nor for the Phlegmaticke, because it is not obstructive, and it may well suit-with, and be agreable to the Sanguine, by reason of its moderate heat and moisture; nor can it be incongruent to the Melancholicke, for that it dissipates and spends fuliginous fumosities, and exhilerates the Spirits.

Such a Cup of pure Comfort (nor Lanted nor gummed) find many good fellows that walk or they wash for their morning draughts of true *Darbie*.

CAP. II.

That Ale is a fit and convenient liquor to imbibe and participate the qualities and vertue of Ingredients by infusion.

THat liquor may by infusion be impregnated with the faculties of Ingredients, it must be, either of an inciding and penetrative facultie, that by entring into all parts of the subiected Materials; it may cut, attenuate, referat and dissolve their compact and concrete iuyces, and attract and sucke into its selfe their essentiall substances, or of such a specificque, meet, and familiar nature, that by insinuation it may, as it were, allure and intice them to infuse and poure into it their oblectated Spirits.

For Chymicall Extractions, Spirit of Wine and hot waters are held to be appropriat to make infusions: for Portions, white wine, Hydromel, Whey, & water of the decoction of attenuating Simples. Now although Ale, by reason of its milde taste, to some may seeme to participate but of small penetration, and by conse-

quence an vnfit Liquor for Infusions, yet by its operation and effects in the bodie and braine, by the hot piercing and combustible *Aqua vita* drawne from thence, and by its effectuall extraction of Spirits from solid and compact substances, it may well be collected that it is not without subtile and persant Spirits lurking and lying hid and veiled vnder the maske of its oleaginous succulence, and therefore a Liquor no way improper but very specifike for infusions.

Howsoever, Experience (*verissima Ar-
tis magistra*) tels both the Methodist and the Empiricke, that Ale-wort well wrought vp with yest, and duly tunned to fit Ingredients (yea to a bodie impenetrable by *Vulcans* sharpest (nor hottest) tooles, and more condense and obdurate then the hardest wood) so macerates and workes vpon their substances by fermentation and digestion, through force and efficacie of temperate heat and moisture (nor dulling their vigors, nor dissipating their spirits, but rather stirring vp and reducing their *calidum innatum* into Action cooperative) that it subtilizes their in-
spissat

spiffat humors, concocts aquosities and
 crudities, incides and divides concretions,
 and by præcipation of the heavy and
 earthy to the sediment, and by eleuation
 and lifting vp of the light with the spu-
 mie froath to the swim and *superficies*, le-
 parates the *fæces* and impurities which
 lurke and lye hid in their inward *penetra-
 lia*, and in few dayes clarifies the thicke,
 and really and effectually impregnates it
 selfe (by attracting or alliciating) with
 their pure and sincere Spirits and faculties
 Purgative, Incisive and otherwaies ope-
 rative, and diffuses and carries with it the
 vertues and powers of them into all the
 members of the Body secret and remote,
 partly by its owne proprietie and acquiste
 qualitie, and partly by the cooperating
 of oblectated *Nature*, which is euer eager
 to attract and imbrace whatsoever parti-
 cipates of a familiar, liquid, and nutritive
 substance, as this doth in due degrees of
 proportion: with this, that the stronger
 the Woort is, the more store of Spirits and
 strength it extracts from th'infused Masse.
 Besides that, by reason of its apt forme and
 proprietie, together with the finesse of

the vessell and it's crowning and mantling
it selfe all ouer with yest, it retaynes and
preserues the subtile and halable spirits of
euery ingredience intire and free from eua-
poration, and its owne life and quicknes
from euaniid flatnesse and sowing, better
then most Liquors can doe; where Deco-
ctions (though they haue their proper
and commendable vses, being performed
according to Art) doe commonly exhale
and wast the subtile Spirits of diuers Ma-
terials.

Hee that doubts of this penetratiue and
extractiue force of Infusions, let him
drinke a Cup of such Liquor after three
daies (or of Wine after twelue houres) in-
fusion in *Cale Chymicus*, and his sto-
macke will not so much tell him, that *ven-
ter non habet aures*, as vellicate them for
not being more belieuing-ones.

Now if any man, wedded to a selfe-
conceit or singularitie of opinion, suspect
or object that Ale obstructs the passages
and puffes vp full Bodies, let him know
that the Ingredients of the Fund haue
power to trans forme and beget in Liquors
naturally obstructiue a cleere contrarie
qualitie,

qualitie, and make them become and be penetratiue and deoppilatiue.

But for those whose Stomackes or Bodies like not, or brooke not Ale, let them make infusion in white Wine, Beere Woort; or in Pyrie, or Cyder. —

C A P. III.

The order how, and how long to infuse the Fund.

Simples and other substances which by drying in the shade, or by other due siccation, are quit of their superfluous humiditie, and being sound and cleansed from all putrified and dead parts, small cut and bruised or punned, that they may thoroughly imbibe and receive the Liquor, are fitter for Infusion, than such as still re- teine a superfluitie of moisture by reason they are vndried.

Of such dry Ingredients (or so many of them as may admit (such preparation) I haue compounded my Fund fully to answer the scope of my intention, which is to make good and performe the attributes I giue it, how numerous soeuer they are.

Because

Because of the height of heate and drie-
nesse attributed vnto *Guaiacum*, I had
totally reiected it for all its sanctimonie,
saue that his oylie substance and some bet-
ter authorities say tis *humiditatis cuiusdam*
particeps. I haue therefore and for its
great fame, dispensed with some propor-
tionable admittance of his ingredience, yet
but as a quarter-master, vnder command of
a more temperate and more potent Spi-
rit to moderate his excesse. Nor haue I
omitted Raïsons of the Sunne, because of
their liquid succulence, though for that
respect some will in no sort admit their in-
gredience into such like infusions, affir-
ming they would to small purpose, other
than to encrease the bulke of the Bag, lye
sopping in the Liquor, but rather approve
th'ingredience of their strained iuyce
drawne out with some of the Ale, or the
closing of the Cup with a few of them,
their stones cast away; both which I haue
oft pra'tised. For though th'additament
of this succulent fruit seeme to crosse the
law or rule of Infusion, yet may they wor-
thily and not improperly be admitted the
Presence, wert for a Prince; for being
displayed

displayed and diskerned, the Ale doth so effectually worke vpon their dissoluble concretions, that in three daies it eleuates and carries them vp from its bottome to the superficies (demonstrable in a Viall-glasse) with so exquisite extraction, that they become insipid, leauing all their dulcor and some third part of their poize (if reduced to former drines) with it in *Deposito*, and who doubts, but that with their concrete sweets, their vertues are also diffused into the bodie of the Liquor. But I haue left them forth of the Fund, for you to put loose into the Ale to three or foure ounces, or to vse *ut supra ad libitum: Sed hoc obiter.*

I haue proportioned the Fund for sixe quarts of Ale, but you may take more or lesse, and make it weaker or stronger to fit your own stomacke, custome of drinking or other intendment; yet I hold it best to obserue the first proportion.

The Fund must be infused at the Tunning in of the Ale, that by its *febullition* (if I may so call it) or digestion in the vessell it may more effectually worke vpon and ingest the concrete luyces and *culries*

culties of the subiected matter.

An ordinary Stand or Steane, with a Tap-hole, will serue for this purpose, being close couered and kept from extreame cold in Winter, and heate in Summer; but a small Rundlet, bunged for receit of the Fund is best for long retayning the life and taste of the Ale. Howsoever you must yest it well, and the Fund must be luncke with a pebble or other poize, or kept downe with a forked sticke or other force to preuent breaking off the yest.

Th'infusion commonly is continued without straying or stirring the Fund, till the Ale be spent, but it is al-sufficient to infuse it vntill such time as there be made a perfect fermentation or digestion of the continent Masse or Matter, that the Ale being fully impregnated with the proprieties thereof, there may be therein begot and produced a new Nature participating of native and acquiste qualities, its owne and th'ingredients. Three dayes space is a competent time for th'infusion, before which space to drink of it to auoid sowing, is a very poore inuention of preuention. My custom is, after three or
four

four daies infusion, to draw forth the Ale into Bottles, & cork-vp, and keep it like v. suall Bottle-Ale, for so it is preserved intire both in tast and vertue to the last cups besides, it is the best meanes of frugall husbanding the Medicine, for so the Fund becomes free for a second infusion, either by drying the Ingredients against two third parts of the ~~third~~ ^{first} bespent, or rather by immediate straying and re-infusing the Fund into fresh Liquor for bottling as before.

CHAP. IIII.

What Preparation is to be used before the drinking of the Ale, and when it is to be taken.

THIS Ale, together with its purging, doth also reiterate the ports and passages of the body, make fluent the humors & effectually performe all the parts of a good Preparative, that there seldom needs heere the vse of any other, except the Patient bee accustomed to morning eiaculations of waterie humors or other vitious contents floating in or dissend-

distending the ventricle. In such cases it is requisite, first by gentle prouocation of the stomacke with a sprig of Rosemarie or a feather agitated about the roofe of the ~~mouth or the~~ ^{throat} mouth of the ventricle, if neede (with a draught of warme water before for some occasions) to cause ex-puision at least, for preparation of the stomacke to receiue, not of the humors to obey the medicin.

Although this Ale may well bee made a meal-drinke, yet when th'intension is to make sincere euacuation of vitious and superfluous contents, it will be more proper and indeed requisite, to take it fasting betimes in the morning, that it may more deeply penetrate and carry it selfe into the humors and all parts of the body, and by that means more effectually produce all its operative effects for the same and other purposes. Nor need you doubt of any damage or danger to the stomack by its sodaine entrie and conuoy into the emprie cavitie and substance thereof, it is so benigne and familiar a medicin, there is neither cause nor colour to feare the concomitance or sequence of any violent or
offensive

offensive effects by or from the same to the empty ventricle. But when th' intension is to extenuate and abate grosse and fat corpulencie, it is not amisse to take it with meat, so to make the greater detraction of superfluities & vnnecessarie Iuyces. It is a verie good order to drinke it dayly betimes in the morning and two houres before meales; but in winter take it onely before noone, viz. one Dose or draught about foure or fve in the morning and that in bed, sleeping or resting two or three houres vpon it, then arise and after some motion of the bodie, walke, moderate labour or exercise, drinke another good draught (with a third, if neede, an houre or more before dinner) so shall you well accommodate the medication and preuent th'inconueniences of night-working. And tis not amisse in Sommer to take it to bedwards and two or three houres also before you rise, to th'end most part of th'operation may be done before the heat of the day.

For time of the yeere, the Spring is the fittest, next to it the Fall or Autumne, and it may well be taken at any other temperate

seasons; these times are most meete to be selected for a continued course of this Potion, as of other Phisicke, when the purpose is prevention of sicknesse or remooving morbidities whose affects are not precipitate or daingerous. But if occasion be offered by reason of present infirmities of violent motion or doubtfull consequence, you must neither expect seasonable weather nor beneuolent aspect of Planets, but fall to it when cause requires, whether it be Winter or Sommer or other vnseasonable times, rather than by deferring the taking it to a more select season, suffer the sicknesse by delay to grow incurable or of doubtfull issue.

Stand not then in hazardous diseases too nicely vpon curious termes of seasonable times, nor yet vpon concoction of humors, but be the maladie acute or long *Veniens occurrat morbo*, and if you cannot encounter the first assaults or seizure of the sicknesse, because you haue not meanes readie prepared, yet with all possible diligence betake you to your tools and suffer not the crude matter to fluctuate and flow to and fro in the veins and vessels

or to settle vpon some principall part, nor
diurne affections to grow more stub-
borne or rebellious against Nature and
Phisicke, but confidently take and con-
stantly continue this gentle Purgative and
generous *Medicin*, so shall you accelerate
the concoction by helping Nature both
by euacuation & alteration, and make dis-
eases, that essentially and of themselues
are of doubtfull and daingerous event, be-
come salutarie and safe, and others of lesse
hazard but lingring, much short and more
tollerable; for in these tis profitable, in
those tis necessarie to make some euacua-
tion of humors before concoction. Be-
sides that many times there are vitious
contents in the Stomack and in the In-
testines or about the Præcordial parts
(manifest by Heat, Pain, Biternes,
Loathing, Distention or other Digno-
stiques) ouer and aboue the Continent
Matter of the Maladie in the Veins; or in
the Intrals or in the Habit of the Bodie,
and whereof the Concoction is expected
in vain many times. And Patients so af-
fected may profitably bee purged at all
times of the disease even before any ap-
pearance

pearance of concoction. Though in such cases, were I called I would first prepare the Bodie for Receipt of such a generous Medicin by Emetique meanes or Stomatique Pils, and after that, the cause so requiring, open a vein for ventilation at least; so should this pretious Portion happily produce effects of excellent worth with more speed, pleasure and assured securitie.

C A P. V.

How, and how long this Medicin must be taken.

THis Ale is vsully drunck cold, but in winter it will doe well to scar-off part of the coldnesse, with a Tost or sight of the fire; but if it be taken to cause sweat, it must be drunck verie hot and the patient well happed.

3ij The vsuall dose of purging portions seldom exceeds *3ij*, but this Ale being a drinck so familiar to nature, you may without such errour take a greater draught, to *3ij* or halfe a Gil, or more at pleasure.

For continuance of taking it; this must

that the quantitie may not be
the quantitie

be limited by the cause that occasions the course of medication : leuen dayes serue well to clesse the whole Bodie & releserate the parts , but double thattime will verie well remoue many settled affects , reforme distempers & produce good rectification, and one Fund will serue that space for one man, if hee discontinue it a day or two (as vpon vrgent occasions he may without great error, in cause of preuention and many cases curatiue) or second th'infusion by squeezing and botling as before. Chap. 3.

But for rebellious, stubborn and long infirmities it would be continued three or four weeks or more without intermission or any other drink, saue that in some sort it may be permitted to card with it some mixture of other Ale or Beer for meal-drink. The reason of such space may bee, that *Creationis Morbi atque Curationis paria sunt quodam modo temporum momenta.* Some diseases are sodainly bred and soone doe baine, if not cured by sodaine and expedite meanes, but those which haue been long in breeding are for the most part long in curing. They grossly err there-

fore, which in diuturn affects or stubborn maladies glue-over the course of medication before competent continuance of the means, for though diuers euacuations may effectually bee wrought (in many cases) in a few dayes, alteration from deep-rooted imprelsions do necessarily require longer continuance of Phisick for due eradication.

And let no man thinke, that by drinking extraordinarie much at a draught or in a day, to accelerate the Cure, it is the moderate vse of Medicin, with temperate Carriage and constant perseuerance therein, that produces best and readiest effects for remoual of the settled affects dimaining from deep-impresed diseases.

Nor deem the so many dayes continuance of this so safe, pleasant and profitable Potion any way tedious, tis neither curious nor verie costly, and *Sat cito fit medicatio, qua sat bene.*

What Diet and Order is to be kept in th' use of th' Ale.

ALthough it be conducive & requisite in most sorts of Physick prescribed against Duiturn and dangerous diseases, to keep a strict moderation in meats of good Juice & easie digestion, yet here in th' use of this *Medicamentum Alimentosum* is little need to prescribe any so exact Diet, be the intention Cautionarie or Curative, to secure or arm the Bodie in preuention of diseases, or to cure them. Yet it is verie convenient in th' use of this Ale, as of other medicinable meanes, to vse a moderate abstinence in Food and to rise euery meal from the Table with a good appetite, that Nature, not being hindred nor oppressed with meats of hard digestion or il Juice, or too large proportion, may without impediment produce her curative and salutarie effects.

For the *Innatum Calidum* (th' author of all naturall functions) not implicated with ingestions of viands, offensive in quality or quantitie, but free to diffuse it selfe

into and through all parts of the bodie, shall be able every where to stretch-forth and execute its strength, to conuert good iuyces and bloud by nutrition into the substance of the bodie and its parts, to digest and dissipate by insensible transpiration superfluous thin humors, to concoct the crude and change them into sanguineous nutriment, to attenuat the thicke, make fluent the tough, expedite obstructions, make patent all the corporall passages, and fortifie th'expulsive facultie: and by these meanes, th'operation of this generous medicine shall be rectified, exalted, and more inabled to produce and shew forth its most exquisite worthy effects, Evacuative, Alterative & other waies operative, with more speed and facilitie. Such is the vertue, force and effects of abstinence or spare diet.

But repletion and too liberall feeding, heaps up abundance of excrements and superfluous humors, begets crudities and obstructions, oppresses and suffocates the native heat, and thereby much hinders the laudable functions thereof. Animall and Corporall, breeds many sorts of maladies,
causes

causes many times reciduation of diseases, otherwise cured, obrunds, debilitates and oft depraves th'operation of all medicinal means.

It is also very conduible and convenient vpon taking the Potien (*viribus constantibus*) to vse moderate labour or exercise of the bodie, *ad ruborem* to stirre vp and kindle the fire of the *Innatum Calidum* (the Mouer of all Medicines & *Causa sine qua*, without which, their spirituall faculties lye as it were consopited, and produce no good action) *non ad sudorem*, least you exhale, dissipate and spend the Spirits and debilitate the Body. The like exercise also before meate is fit to be vsed to further concoction, digestion, and distribution of Viands, restore and corroborate all the Corporall faculties, and rectifie the Actions of all the Senses.

After each draught of th'Ale to comfort the Stomacke, open and strengthen the Liuer, leuigate and smoothe the roughness of the winde-pipe, cleanse phlegme and helpe diseases of the Throat, Lungs, Brest, Kidneys, and Bladder, and to many other good purposes, you may eat a

few Raifons of the Sunne, and now and then make your Meale of them, alwaies caſting away their Kernels.

The ſpace of two houres is ſufficient to forbear meat after the taking of ſtrong Purges, for by that time there is ſeldome left any ſmell or vapour thereof, nor belching, nor vpbraiding, nor loathing, nor gnawing at the Stomacke, ſo that it may well be collected the medicine is paſt downe from the Ventricle into the Inteftines. Then therefore moderate meate may conveniently be taken (and a meſſe of thin hot broth long before to comfort the ſtomacke, and promote th'operation of the medicine) though many ſuppoſe it ſhould be forborne till the Phyſicke have finiſhed its operation.

But this Medicinable Ale, this Alimantal Medicine is ſo gentle and benigne a Minorative, it may well bee made a Meale-drinke, (much more drunke immediately before or after Meat) and indeed ſhould then alſo be taken, beſides other times, in diſeaſes diſturbe and of difficult curation and when much matter is to be euacuated, as hath bin before mentioned.

Not

Nor is there any doubt of distracting Nature with so various a task of Meats and Medicine working from the Circumference to the Center by euacuation, and the contrarie by euaporation, with other manifold and differents operations of th'one and th'other at one and the same time: the familiar benignitie of the Portion doth rather associate and sympathize with her, then any wise affront her in any of her salutarie faculties. For is it not Natures innate office and demoise together and at once to produce multiplicitious and various effects, to incide, attenuate, quit obstructions, to digest all ingestions, and separating the impure from the pure, to distribute this for nutriment to all parts of the Body, and that, partly to amandate to peculiar vessels and receptacles, and partly to expell by Vrine and by Stooles, and by diuers other wayes & emunctories? This may then serue for an Apologie to supersede all scruple and doubt arising by reason of the many and variable faculties of *Panala.*

CAP. VII.

Observations remarkable in the use and operation of the Ale.

THat Phisicke workes not alwayes alike, common sense informs the most stupid poore obseruer: but sometimes, though it be methodically ministred by a good Artift, it seilludes th'expectation by accidental working, in excesse or defect or otherwise, that it is no facill disquisition to discover or finde out the reasons of such irregular exorbitance. But of occult causes it is not pertinent hereto discourse; only a touch of the euident, which yet are not so manifest by vulgar notion, but that they may necessarily admit some particular demonstration. The working of purging Medicines, varies commonly, *quoad Maius et Minus*) according to the constitution of the Patients Bodie and the variation of Seasons. Dry bodies purge little for want of matter, the moyest, the young, and those who are accustomed to a sedentarie and easefull life, and also women are easily moved to plentifull deiection suiting
with

with the strength of the purge, but strong constitutions and such as are inured to laborious living, or are indued with an obdurate sense of the parts, doe more slowly and sparingly yeeld vnto delectiue meanes.

The thin, the leane, the temperate bodies are easily moued by Phisick, but purge sparingly, the turgid, full and foggy, or those that by surtet, or other cause of repletion are ballasted with an *illuius* of superfluities, yeeld copious dejections. For in these bodies the redundance, vpon moderate or small motion of Phisick, flowes forth of the veines, vessels, and all parts & passages of the Body, like liquor, which from a full vessell once pierced and vented gushes out amaine, not so much by the force and effect of the purging quality of the medicin, as by reason of Natures mouing to expulsion, and to deconerate her selfe by her owne proper strength and vertue expulsive, who oft without other prouocation, abundantly disburthens her Bulk of ouer-ballasts. This worke of Nature, whether occasioned by disorder or distemper of the Patient, or proceeding from

from other euident or occult causes now and then iumping or meeting with a Purge, produces such profuse and copious deiection, that it casts a foule aspersiō vpon the Physitian, where concurring causes are not duely weighed of the Censurer.

Speciall consideration must also be had of the weather and season: For hot & drye seasons extract and wast much of the humors, cold seasons and Northern windes exccate and thicken them and binde the Bodie, so that the purging cannot be so plentifull as in contrary seasons. But Southerne windes, moist Climats and rhumatique and wet weather, humect and loosen the Bodie, and thereby occasion more copious euacuations. Therefore in temperate Regions, moderate Seasons and Southerne windes (not boystrous) all Purges produce best operations. Note further, that after a few daies vse of this Ale, much matter being therewithall euacuated, you must not expect the daily continuance of like copious deiection as before you found (although by cleering the passages, which perhaps were before blocked-vp, the

the waies for working become more patient and free) if you be temperate in meate and drinke, and the time in winde and weather, except you enlarge your proportion of drinking the Medicine.

Nor will the Ale vpon re-infusion of of the Fund (though strained as before-said) do much more for matter of purging (saue by Vrin) than keep the body soluble (which in most cases will then be allufficient) by reason the purgatiue spirits of Ingredients will be well nigh exhausted, by the first Infusion: but *Sene* and *Anni-seed* of each ʒij . brused and infused with it, will cause it also purge well.

Know also, that in many cases by competent continuance of this Medicine (as of other Dietique Physicke) there follow and are brought forth excellent effects of its alteratiue working in the Bodie long after you haue ended the course of taking it, insomuch, that many times a moneth or more thence, you shall finde much more benefit by it (without any ill *Diathe-sis*) than during the drinking thereof, you could conceiue, or by any coniecture expect, with this caution, that you doe not relapse

relapse or grossly erre by manifest disorder and distemper, the scandals of Physicians, and scourges of Patients. The reason of such fruits of Physicke in expectation and future, rather then in presence, may be, that Nature being kept in continued Action, and the humors in agitation by the Physicke, though gentle and moderate, the effects thereof cannot be so settled nor so sensibly discerned, till after some competent cessation from the same, besides that, the plentiful store of Spirits derived from so excellent a Portion, and being by an extended course of drinking diffused into and impressed in all parts of the bodie, doth therewithall continue mutuall cooperations a good space after you haue given over the Ale.

CAP. VIII.

The excellent vertues of Panala, or this Compound-Ale in Generall.

THIS Ale neither offends the Eye with the loathed object of a muddie substance, nor the smell with any ill vapor or savor, nor the tast nor stomacke with disgust

disgust or ingrate relish, but tis a pure, cleere, delicate, and singular Extract impregnated with the sincere Spirits and vertuosities of excellent Ingredients, of a moderate temperature indifferently accommodated to euery Age, Sex and Constitution, and so familiar and pleasing to Nature, both in taking and working, that the most curious Pallates and delicat Bodies drinke and digest it with delight. Nor after its long vse, when tis discontinued or left, doth it leaue the bodie coarsue, weake, over-dried or exhausted of succulent iuyce, nor affected with any distemper, ill impression or deprauate affects, contracted or deriued from thence, but well disposed, vigorous, actiue, and full of Spirits.

This *Panala* is a true and perfect *Medicamentum Alimentosum*, ministring to the Bodie both food and Phy sicke; tis a *Dian-catholique* happie purge for all humors, and a *Panacea* or Benedict Remedie for any infirmitie or defect almost, even for hunger it selfe, in that it Participates of (if not exceeds) the vertues of the Staffe of Life. Yea, tis a generous and a generall,

or vniuerfall Medicine happily performing all the parts of a good Preparatiue, Euacuatiue, Alteratiue, and of a Confortatiue also to all the Vitall parts, and Animal Powers.

It concocts crude and raw humors, cuts, liquifies, attenuates and makes the thicke, tough, and tartareous, become fluent and obedient to Nature, the attenuated, the concocted, the serous and waterie it digests and consumes, it cleanses the Stomacke from stymie and phlegmatique crudities sticking to its rugosities, deterges the Lungs and Chest from viscous and putrid humors which adhere vnto them and subsisting in the slender branches of the *Aspera Arteria* obstruate and shut-up those straight passages and cause difficult breathing: it dissolues terrene concretions, mundifies the Reines, opens the Liuer, the Spleene, and all the Vessels and Ports of the Body, and by these meanes makes excellent way for its further working by Stool, by Vrine, and otherwise.

It gently, safely, and most commodiously purges Choler, Phlegm and Melancholy (not rousing the sleeping Lyon, or agitating

agitating or stirring vp the Humor to fury or fearefull passions or affects) with other peccant and superfluous Contents sincere, leauing the laudable for Natures store.

Peculiarly it purges the first Region of the Bodie, to wit, the Ventricle, the Mesaraicke veines, the Cavities of the Liuer, the Spleene, the Hypochondria, the Mesenterie and Pancreas. (those two Sinckes and Swallowes of all illuuias and impuritie) for from all the said Places or vessels, scarce any other Medicine doth so mildely and powerfully draw forth and expell corrupt and thicke humors. By conseqution and continuance, it euacuates the Conuex and outer parts of the Liuer, the remote extreames and Habit of the Bodie, and the ioynts also very effectually by Proprietic.

Nor doth it euacuate onely by Stooles, but it is also both Diuretique and Diaphoretique dissolving and expelling serous and thin humors by Vrin, and by insensible-transpiration (breathing out rarified exhalations through the dilated pores) & effectually causes sweat being taken hot

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and,

and the Body happed accordingly. And as it expels *Heterogene* and superfluous humors *per secessum*, so doeth it also therewithall, and by euaporation, euacuate fumes and vapors of malignant and vicious qualitie and condition, without expense of the *Humidum Radicale* or the vitall Spirits, thereby preserving Natures Treasure both Corporall and Animall.

It corrects and remedies crudities, carminates winde and flatuous discursions, stayes vomiting, excites the appetite, quenches Thirst, enlarges the Pectorals, and sweetens the Breath. It cures long Feuers, Quotidiains (*virginumque albas* or Greene Sicknesse) all intermitting and Pestilentials, and all lent, tough and lingering diseases bred of the impuritie of the *viscera* or of inveterate obstructions, extenuates the Spleene, and abates the obese and corpulent Bodies, and is very conducible for curing of all distillations and defluxions; it is auailable for all infirmities of the Head, Wombe and Bladder, both new and old, for all Fumes and Fluxes,
che

the Dropſie and Falling-euill. It kills and expels Wormes, helps the Cholicke, the Stone, Colds and Coughs, the Aſthma or difficultie of Breathing, the Iauდიſe blacke and yealow, the ill Habit of the body, Putrifaction, hard Tumors and all other Swellings, wandring Paines, Stingings and fixed Achs, all Gouts, both the Running and the impacted hot and cold; ſalt Rheumes, Itches, Scabbes, the Scorbuto, the Leprie and other contagious Maladies, and all curable woundes, and vlcers both inward and outward, with many other defects & deformations, *inter & in cute*.

It fortifies the Stomack and erecting the Degeſtiue facultie furtheres the Concoction and Distribution of Meate, comforts the Lungs and the Pectoral Parts, corroborates the Heart, rectifies and ſtrengthens the Liuer, purifies the Blood and breeding it laudable impinguates or enables ſqualid and ſtaruelling Bodies to become fat or much better liking. It cleers the Sight, florifies the Complexion,

on, quickens the Memorie and all the Senses internall and externall, exhilerates and enlightens the Mind and Animal faculties, incites and enhables *Venus*, furthers conception, doth *fouere* and maintaine the *Humidum Primogeneum*, encreases youth, and retar-dates and keeps back old Age.

C A P. I X.

The Excellent Cautionarie Vertues of Panala.

NAture, the best *Moderatrix* of Mans life, not ignorant (it seems) that *Præcauere morbis, quam curare, melius est*, that mature Pre- uention of Maladies is better than the best Medication, (*magis quippe optandum est, omnino non pati, quam a pas- sionibus liberari*) aymes and dayly endeauours to make and preserue the Bodie *temperatum ad pondus* (as in mans first Creation) that it may bee intire and perfect in State of Health to the last Period of Life, or at least to conserue it in such Sanitie as twas produced. And therefore as a diligent Gardener

is ever carefully-curious in cleering and curing his Plat of irregularities, superfluities, weeds, incumbers, vndue ballasts and defects: so shee administering all things, the best shee can, doth still without intermission *molire* and labour th'excretion and quitting the Bodie of all excrementitious, superfluous and peccant humors and contents, and the reforming of all defects and deformations, which happily could shee alwaies effect, there should neuer need any Phisick to rectifie the State or Preserve the Health of the Bodie. But the rebellious qualitie and ouer-maistering quantitie of many potent opposites, together with the repugnance of stubborn and obstructed parts and passages (contracted many times by erring or vndue deuiating from th'administration or due mannage of the *sex res non naturales*) doth often delude and frustrate this her labour and worthie intention. Now this generous Medicin, a most singular Instrument of Natures Hand-Maid, Phisick, powerfully op-

D 3 pugnes

pugnes her opposites and ioyning with her subdues and reduces them to her obedience, rectifies the parts, reterates the parts, and amandates and expels whatsoener is aduerse, and by consequence diuerts a world of diseases and conferues the Bodie in Health,

For instance whereof in particlar affects tis all sufficient to giue a tutch of its preventing and curing Rheumes, Crudities, Obstructions, from which three Sources or fountaines dimaine and are deriued a Sea of Sicknesse; as from Rheumatique distillations, the Apoplex, Palsie, Blindnesse, Deafnesse, Inflammation of the Eyes, of th'Vuula, of th'almonds of the Throat, th'Angina, Tooth-ach, Pain in the Eares and other parts of the Head, Cough, Griefes and weakenesse of the Stomack, Excoriations and Apostumes of the Lungs, Liuer, Reins, Bladder: also Pleurisies, Consumptions, Flux of the Bellie, the Cholick, the Sciatica, Gouts of diuers sorts and Tumors against Nature.

From Crudities there come (amongst

mongst other Maladies) Flatuous dis-
cursions and painfull wringings in the
Illa & Colon, the Lienterie or Flux of
excrements and viands indigested, *Cachexia*,
Hydropical diseases, *Oedemata* or
Phlegmaticque and serous swellings,
and many other great & long griefs; *imò*
Cruditatis assidua Myster est, omnium fere
egritudinum materialium.

From Obstructions of the Liver (to
omit the rest) proceed windie passions
of the Guts (small and great) hard
Swellings , Inflammations , Feuers,
Fluxes , the Jaundise , Hydropick af-
fections , *Cachexia*, *Cacochymia* and
other Discolorations, Putrification of
humors , *Atrophia* or extenuation and
pining away of the whole Bodie.

The causes of these Morbosities,
whereof such numerous broods of dis-
eases are begot, are for the most part
vitious or superfluous humours, nutrient
juices or other contents, or distemper
or imbecillitie of the parts , or straight-
nesse or undue dilation of the passages;
all which, with many moe causes of in-
firmities, are prevented, removed or re-

medied by this Generous Medicin, which, by its moderate assimilation to the Bodie and equable or proportionable contrarietic to sicknes, conserues the State in a good latitude of Health, supersedes and driues away diseases and restores impaired Sanitie. Such and so many, with many moe, howsoeuer these seeme verie many, are the vertues of this impregnated Potion, especially being ministred *Medica Manus, quæ Vniuersalis Particularibus debita ratione adbibet.*

The so large extent then of this *Panala* being granted (as *sans* Gain-say twil be by strict and iudicious *Truism*) what man is there which regards either Health or wealth, if not fondly penny wise or miserably penurious, but knowing the manifold fruits thereof, will find-ow a fortnights time yearely at Spring or Fall, to follow this profitable Potion, which, besides preservation from dolour & from death, (enhabling him for the mannage and following of his calling & Affaires with pleasure and profit) doth, with expense of a few pence, saue him many a pound in Sate of Bodie and goods. C A P.

CAP. X.

*A summarie and briefe Direction for
the preparation and vsage both of the Poti-
on and the Patient.*

VVith a Pebble stone, forked
sticke, or other force, sinke
and keepe downe the Fund of Ingre-
dients to the bottome of a small Rund-
let, vsuall Steane, or Ale-Stand, and
runne vnto it sixe quarts of strong
wholesome new Ale well yested: put-
ting loose into the Vessell, Raisons of
the Sunne stoned ℥iij. then bung-
vp, close, or couer the vessell, setting it
safe, and in Summer coole.

After three dayes infusion, drinke
of it cold first and last, and two houres
before supper, halfe a Pint, or more or
lesse at once, as you finde th'operation
suit with your Bodie or intention: but
in winter take it onely before Noone,
two or three such draughts every day,
and continue it as the cause requires.

In faire weather and temperate sea-
sons, intermit not, but rather, to pro-
mote

mote th'operation of the Ale, moderately follow your outward or customearie field-occasions or exercise twixt Sunne and Sunne: yet in wet, colde or windie weather, it is best to keepe within doores, but with some labour or motion of the Body.

Here needs no strict diet; yet let your Meates be moderate, and euer giue ouer eating with a good appetite or desire to more. And, so much as may well be, refraine meates of ill iuyce and hard digestion.

Of the vertues in a word: This *Panala* is a gentle and a Catholique or generall Purger of all humors and superfluities, a pleasant Curer & singular Preuenter of most Maladies, and a comfortable Rectifier of the whole state of the Body.

Thus much for this time; and this might well haue serued for all, without more instructions, touching the vsage and operation of this most worthy Medicine: But to giue better satisfaction to the world by answering friendly Quæres, and aduerse Cauils, I haue as you see, amplified and capitulated

tulated whatsoeuer I thought needfull
of further declaration herein.

And further, in performance of
my implied promise for the Poore,
that their wants may not occasion their
want altogether of such meanes of
helpe, I haue of native and home-bred
Simples (not vnfit for our Bodies,)
founded and set downe for them this
Composition of a Fund and medicina-
ble Ale.

Take the dried rootes of *But-
ter-Bur*re and of *Bastard* or *Monche-
Rubard*, of each two ounces, Eng-
lish *Sene* foure ounces, or halfe so
much other, dry *Agrimony* one ounce,
English *Liquorice* and *Sea-Wormewood*
(or other) of each halfe an ounce,
seeds of *Fennell* an ounce, seeds of
Bur-dock or of wilde *Carot* halfe an
ounce: Bruise all these and put
them in a Boulting Bagge to
sixe quarts of new Ale; Adde to it
also some seauen spoonfulls or
more of the iuyce of *Spoone-wort*
called *Scurvie-grasse*, or of true *Fla-
ellen*, or of browne *Water-Cresses*.

Readie

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Readie, speedie, and most happie
Helpes for gricuous Maladies, to the
cure of most of which, the Physition
can seldome be so sodainly called, as the
vrgent grearncsse of the causes, and
præcipitation of the Patient
require.

For bleeding at Nose, &c.

Rx. *Wormewood*, Mj. salt Mß, stampe
and incorporate them together, and ap-
ply and keepe it to the Mould or Crown
of the Head.

Or:

Rx. inckle and cast it over the necke,
and binding th'ends to the little fingers,
stretch forth both armes, somewhat to
straine the necke, and effectually to re-
straine the fluxe.

For Stitches.

Heat a quart of *Oats*, (dry or strinck-
led with vinegar) or boyle and straine
and apply them sufferable hot in two
course

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course bags by turnes, lying in bed to
cause sweat. This discovers Plurisie,
evres Bastard-ones, and helps the Cho-
licke, &c.

For Cramps.

Garter the Leg on the pained side a-
bout the knee, and when the Convul-
sion comes, gird the Sinewes hard for
present ease.

For suffocation of the Mother.

R \acute{c} . *Extract. Anodyn. Gener. q. s. f.*
niell. s. artem.

This carminates and calmes all stu-
pendious passions of the Mother, and in-
stantly puts away the Paroxysm. Nor is
the Medicine scarce nor costly, though
daintie: 'tis a native Help and at hand
in euery manured Cuntrie.

FINIS.